

## Food For Thought

**WebQuest Description:** This lecture will provide students with a brief introduction to the food pyramid and will provide them with the information needed to make healthy dietary choices that will help them lead longer lives.

**Grade Level:** K-2

**Curriculum:** Health / PE

**Keywords:** Health, wellness, diet, nutrition, food groups, calories

**Published On:** 2010-04-22 11:52:36

**Last Modified:** 2010-04-22 11:51:16

**WebQuest URL:** <http://zunal.com/webquest.php?w=57969>

### Introduction

Your entire school class will soon be going on a picnic. The teachers have been so busy making plans about what activities and games to play, that they forgot about bringing any food! The bus is leaving for the park now, but there is one grocery store on the way that you plan to stop at. Before you start picking, you should make sure you know about the many different food groups that you have studied in class, and think about the Food Guide Pyramid. Remember, your job is very important. Today, over 67% of Americans are over weight, they are more likely to live shorter lives with more health problems.

### Tasks

As nutritionists, you will work in groups of 2 or 3. Your job will be to research the Food Guide Pyramid to know what kinds of food and how much of each food you should bring with you on the trip. Make sure to make a grocery list of all the foods you want to look for once you are in the store so you don't forget! You should also write a food journal about how eating enough of the right foods will help you be stronger and faster! You will need to state at least three good facts in your journals. These facts should tell something you learned while exploring through the different sites, video, and food pyramid. You may click on the "right foods" link above to get started. The link allows you to learn about healthy eating habits, explore the food pyramid, and how to stay healthy. There is a quiz at the end that will test your knowledge, so make sure to work extra hard! Remember, some of the students will only want cookies and candy so you should prepare a Food Guide Pyramid of your own to help them understand why eating the right foods is important!

### Process

The first thing you and your partners should do is view the Food Guide Pyramid video below.

After watching the video, write in your journal what you learned about each of the food groups. You may also go back to the title page, to review the picture of that food pyramid.

Once you have written in your journals and know your stuff, make a food guide pyramid of your own. Click on the "food guide pyramid" link above to see an example of what the pyramid looks like. I have created a Food Guide Pyramid worksheet that you may print out and fill in. You should label all groups, draw pictures, and use color! The document is located under the Food Guide Pyramid video below.

You can show the Food Pyramid you created to your friends and have them help you pick out the healthy items you want for your grocery list.

Make your complete grocery list in your journal. Also, tell exactly what you packed for lunch. For example, what food, healthy snacks, and drink did you pack?

When you are all done, make a list of three educational facts that you learned through this exercise. For more information on the Food Pyramid, talk to Tiki!

Additional information over healthy food choice for children is located at this website

There is a short Quiz that you will need to take at the end of this lesson to test your knowledge.

### Evaluation

The grades will not be focused primarily on grammar and spelling, but more on basic fact retention. The assignments that the students will turn in should be colorful and show that the students put forth some kind of effort into making their food pyramids both colorful and understandable. Also, the lists that have been turned in should include a wide variety of fruits, vegetables, grains, protein, dairy products, etc. You will also need to make sure the three nutrition facts you have found are well thought out and important for you to know.

Category and Score	4	3	2	1	Score
Make a list of items to buy at the store.	The student has taken the time to construct a list which is focused primarily on healthy food choices.	The student has spent some time in making a list with decent food choices.	The student list is mostly fattening foods and it looks as if they have not looked much at the information or video.	There is no list turned in, or ALL foods are not representative of a healthy lifestyle.	
Journal entries	The journal entries show a great depth of knowledge and understanding.	Some knowledge is shown in the journals.	The student does not appear to have a firm grasp of the core concepts of healthy eating.	There are no journal entries or the entries are incorrect.	
Food Guide Pyramid	The food guide pyramid is very colorful, it is accurate, and the illustrations are fantastic.	Illustrations are nice, color is prevelant, most information is correct.	Information is vague and colors are slightly muted.	Poor effort displayed. Almost no color, illustrations are poor, facts are incorrect.	
3 Facts Learned	All three facts are correct.	Two of the three facts are correct.	One of the three facts is correct.	None of the facts are correct.	
				Total Score	

## Conclusion

Now you have the information you need to know in order to go shopping for your class! Hopefully you can use this to make healthy choices and live happy and healthy lives! By now you have completed a journal entry with healthy eating facts, made your very own Food Guide Pyramid, and constructed a list of healthy foods to buy at the store. You will feel much better at your picnic, after eating the healthy foods that your body needs to feel good, have energy, and play!

## Teacher Page

This webquest is designed for a 2nd grade Health/Wellness lesson. The Indiana Academic Standards in Health and Wellness for this grade level are:

Students will comprehend concepts related to health promotion and disease prevention to enhance health.  
 Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.  
 Students will demonstrate the ability to access valid information, products, and services to enhance health.  
 Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.  
 The Indiana Academic Standards in Writing for 2nd grade are:

Process and Features- students write clear sentences and paragraphs that develop a central idea.

English Language Conventions- Students write using Standard English conventions appropriate to this grade level.

Sources  
[http://students.umf.maine.edu/~damboikj/nutritionwebquest/Graphic/food\\_group\\_image.gif](http://students.umf.maine.edu/~damboikj/nutritionwebquest/Graphic/food_group_image.gif)  
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### Standards

### Credits

### Other